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Celebrate National Public Health Week April 1-7
Public Health is ROI: Save Money. Save Lives.

2013 County Health Rankings Detail Health Disparities in the Healthiest State

ST. ALBANS – Vermont has been ranked #1 healthiest in *America's Health Rankings* for many years in a row. But Vermonters are not equally healthy, as reported in the latest *County Health Rankings* by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation.

Now available at www.countyhealthrankings.org, the 2013 report ranks Chittenden County as the healthiest in the state, and Essex and Orleans Counties as least healthy.

The rankings are based on health outcomes – length of life and quality of life – and health factors such as smoking, alcohol use, physical activity, access to quality health care, income, education, employment and the built environment. Out of the 14 Vermont Counties, Chittenden is ranked #1 while Franklin County is ranked #5 and Grand Isle is ranked #7.

“Vermont is proud to be routinely listed as the healthiest state,” said Judy A. Ashley, director for the St. Albans district office of the Health Department. “We also know that Franklin and Grand Isle counties have room for improvement across many indicators including physical activity and nutrition.”

“We work with others in both the public and private sectors to mobilize and develop broad-based solutions so that all of our residents can be healthy,” said Ms. Ashley. “With a shared vision and commitment to improved health, working together can yield better results than working alone.”

Among the findings in the 2013 *County Health Rankings*:

- 12% of adults in Franklin County and 9% of adults in Grand Isle County report poor or fair health, compared to 8% of adults in Chittenden County.
- 20% of adults in Franklin County and 16% of adults in Grand Isle County smoke, compared to 12% in Chittenden County.
- 25% of adults in Franklin County and 19% of adults in Grand Isle County report they are physically inactive, compared to 15% in Chittenden County.
- 29% of adults in Franklin County report they are obese and 27% of adults in Grand Isle County report they are obese, compared to 20% in Chittenden County.

The *County Health Rankings* rank the overall health of nearly every county in all 50 states.

Nationally, the data revealed that unhealthy counties have more than twice the rate of premature deaths than healthy ones and childhood poverty rates are twice as high in unhealthy counties. The *Rankings* allow counties to see how they compare to other counties within the state based on a range of factors that influence health.

Celebrate Health during National Public Health Week

During National Public Health Week April 1-7, the Vermont Department of Health will highlight the daily work of public health, and will launch *Healthy Vermonters 2020* – the state health assessment that documents the health status of Vermonters at the start of the decade, and sets the goals that will guide the work of public health through 2020.

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